

# outer paths

## Martial Arts

### #7001 A

#### Intro to Self-Defense

Sweet Z's Gym offers self-defense classes that focus on staying safe, keeping a cool head during dangerous and stressful situations and training your mind and body to react appropriately. In this introductory class you will learn how to parry an attack, strike vital areas and use your reflexes to your advantage. Coach Brunner has been studying martial arts for over fifteen years. With a background in Muay Thai, Western boxing and Brazilian Ju Jitsu, Sweet Z's Gym has been helping students gain confidence, strength and self-defense skills since 1999.

CONVENER: Zach Brunner (913-708-3930)

E-mail: brunner.zach@gmail.com;

Web site: [sweetboxing.webs.com](http://sweetboxing.webs.com)

CLASS FEE: \$14

Sec. A: 2 sessions; Saturdays, beginning September 25; 9:00 AM - 10:00 AM; Sweet Z Boxing Club, 2700 Puckett Rd. Kansas City, KS 66103; LIMIT: 10

### #7002 A

#### Tae Kwon Do/Traditional Martial Arts

Key points: 1. Traditional martial arts training with self-defense applications. 2. Persons of any age or gender can learn. 3. Fun and invigorating workout that changes up the routine of going to the gym. 4. Develops body coordination, flexibility, reflexes and focus. 5. Gives you the opportunity to be "the Karate kid" in real life. David Muhammad is a fourth degree black belt in Chung Do Kwan Tae Kwon Do and Goju Ryu Karate with over 20 years experience.

CONVENER: David Muhammad (913-636-0830)

E-mail: [rsotc@yahoo.com](mailto:rsotc@yahoo.com); Web site: [kwanzaama.com](http://kwanzaama.com)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, September 21; 5:00 PM - 6:30 PM; Kwanzaa Martial Arts Academy, 10107 W 105th St. Overland Park, KS; LIMIT: 20

### #7003 A or B

#### Traditional Shaolin Kung Fu

Learn self-defense based on the original eight animals of Kung Fu: leopard, crane, dragon, tiger, snake, praying mantis, monkey and eagle. Join us for a great aerobic workout!

CONVENER: Elisha Wampler (816-561-2882)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, September 21; 8:00 PM - 9:00 PM;

Sec. B: 1 session; Tuesday, November 16; 8:00 PM - 9:00 PM;

MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

### #7004 A or B

#### Jeet Kune Do

A non-classical method of self-defense blending Wing Chun, western boxing, fencing and northern-style kicking. Course includes: kicking, hand strikes, trapping, grappling and energy/sensitivity. Focus is on simplicity and directness. All ranges are covered.

CONVENER: Bryan Stevenson (816-536-7493)

E-mail: [bryan@dragonfamilymartialarts.com](mailto:bryan@dragonfamilymartialarts.com)

Web site: [www.dragonfamilymartialarts.com](http://www.dragonfamilymartialarts.com)

CLASS FEE: \$18

Sec. A: 4 sessions; Tuesdays, beginning October 5; 7:00 PM - 8:00 PM; Professional Fitness Building, 13901 E. Noland Court Independence, MO 64055; LIMIT: 30

Sec. B: 4 sessions; Wednesdays, beginning October 6; 7:00 PM - 8:00 PM; Professional Fitness Building, 13901 E. Noland Court Independence, MO 64055; LIMIT: 30

## Recreation

### #7101 A

#### Fly Fishing For Fun

Fly fishing is an inexpensive, fun outdoor experience that anyone of any age can do (for singles or families). First learn what rods, reels and lines to use, how to assemble them, and what you need to buy without wasting money. Learn what flies or streamers to use depending on what you want to catch, what the conditions are, and how to "read" a body of water. Then we will go outside to learn how to actually cast, to recognize a strike and bring it in with details for both pond and river fishing. Bring \$14 to class for equipment rental and a copy of "Fly Fishing Tactics."

CONVENER: Bobbie and Eric Christensen (916-422-8435)

E-mail: [ELPBooks@aol.com](mailto:ELPBooks@aol.com); Web site: [www.booksamerica.com](http://www.booksamerica.com)

CLASS FEE: \$9

Sec. A: 1 session; Sunday, October 31; 12:00 PM - 3:00 PM;

University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 12

### #7102 A

#### Experience Scuba Diving

Experience the thrill of scuba diving! This introductory course will take you underwater safely with certified and skilled scuba instructors and assistants in our own heated indoor pool. All you need to bring is a swim suit and a towel. All other equipment provided. Minimum age 10 years old. Please bring \$5 to class for air fills.

CONVENER: Michael Brock (913-647-1717)

E-mail: [e-mailus@everestkc.net](mailto:e-mailus@everestkc.net)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, November 13; 9:00 AM - 11:00 AM;

The Dive Shop, 7300 West Frontage Rd. Merriam, KS; LIMIT: 10

### #7103 A

#### Backgammon: Basic Rules and Strategy

Backgammon is a game with rules that are simple to learn but strategies that take years to master. The first class in this course will cover the basic rules for casual play as well as extra rules used in tournament play. In the second class we will also cover basic strategies. There will be lots of time allocated for playing each other in both classes. Bring a board if you have one. Eric Barr is the director of the Kansas City Backgammon Club. He has been directing backgammon tournaments for over five years and playing in them for almost ten.

CONVENER: Eric Barr (816-237-8089)

E-mail: [mister.eb@gmail.com](mailto:mister.eb@gmail.com)

CLASS FEE: \$14

Sec. A: 2 sessions; Tuesdays, beginning November 23; 6:30 PM - 8:30 PM; Plaza Library, Large Meeting Room, 48th & Main, KCMO; LIMIT: 12

### #7104 A

#### Introduction to Fencing

Students will learn the basic movement and elements of fencing from a former college level coach. This class teaches footwork, blade work and basic tactics. No experience is necessary and equipment is provided. Wear comfortable workout clothes and sneakers (no sandals). Equipment is provided as a rental and is covered in materials fee of \$50 (bring to class with you). Jordan has been a fencing coach for seven years and has trained national competitors and sport enthusiasts.

CONVENER: Jordan Billings (913-963-6931)

E-mail: [xim@con](mailto:xim@con); Web site: <http://confabulation.com/~fiverings/>

CLASS FEE: \$18

Sec. A: 10 sessions; Fridays, beginning September 24; 7:00

PM - 8:00 PM; Académie Lafayette, 6903 Oak St, Kansas City, MO; LIMIT: 10

## Wholistic Health Fair

Sunday, November 14<sup>th</sup>—11 AM - 6 PM

Call 816-235-1407 for information

[www.umkc.edu/commu](http://www.umkc.edu/commu)

### #7105 A

#### Advanced Fencing

Come and learn the art of fencing. Fencing helps to build muscle, provides an aerobic workout and provides a competitive sport safe for all ages! Students will learn advanced elements of Olympic fencing and receive private instruction from an Olympic level coach daily! This class will focus on advanced footwork, blade work and tactics. This class is designed for people who have had some fencing experience. Wear comfortable workout clothes and sneakers (no sandals) Materials fee covers cost of material rental and floor space for all 10 sessions.

CONVENER: Jordan Billings (913-963-6931)

E-mail: [xim@con](mailto:xim@con)

Web site: <http://confabulation.com/~fiverings/>

CLASS FEE: \$18 + \$80 material fee = \$98

Sec. A: 10 sessions; Fridays, beginning September 24; 7:00

PM - 8:45 PM; Académie Lafayette, 6903 Oak St, Kansas City, MO; LIMIT: 5



#7107 A

**Bridge for the Fun of it**

This is an introduction to casual, non-threatening bridge with little lecture and lots of hands-on practice. Learn to bid, play, and score. Few artificial bids. Partner not needed. Bring \$7 for textbook and supplies.

CONVENER: Bruce Southard (913-549-3419)

E-mail: rbsks@kc.rr.com

CLASS FEE: \$18

Sec. A: 10 sessions; Thursdays, beginning September 30; 6:30 PM - 8:30 PM; Location to be announced; LIMIT: 16

#7108 A

**Bridge Base Online: Online Bridge is Fun!**

You will make friends that you may never meet, but I have played for about ten years with people of all generations around the world 24/7. I know my online friends' joys and sorrows, the names of their kids and dogs, their happiness and sadness. And, it is very easy to learn and even easier to do. It can be taught in a couple of hours easily, and is portable if you have a laptop (and bring it). You can play anywhere. Do not be afraid of it-learn it and enjoy it! Bring \$2 to park in the library lot.

CONVENER: Molly Hammond

E-mail: bridgegranny101@yahoo.com

CLASS FEE: \$14

Sec. A: 2 sessions; Wednesdays, beginning October 13; 7:00 PM - 8:30 PM; Central Library, Computer Lab, 14 West 10th St., KCMO; LIMIT: 30

**Community Supports Grassroots Organizations**

by Kathy Peters

Like Community, CrossCurrents Culture, Kansas City's Folk Arts Alliance (and successor to the Foolkiller) is celebrating its 40th anniversary this year. We've spent the last 40 years helping people create their own culture, and Community has helped us do that.

We present folk music concerts and women's music concerts, we put together a grassroots theater production every year or so (our 2009 production was "1937: One Hell of a Year," a humorous, dramatic, inspiring and fact-based take on class, race, gender struggles and labor union organization in the last Great Depression), we host monthly songwriters circles and barn dances, we have jam sessions, and other activities that support true popular culture.

Our members have conducted numerous classes listed in the Community catalogue over the last 40 years, sponsored both by CrossCurrents/Foolkiller and by KKFI, 90.1-FM, the Kansas City Community Radio Station that several of our members support through various volunteer activities. (For example, check out classes in this catalogue on putting on a radio play!). Congratulations to Community, and let's hang in there together for at least another 40 years!



*In Fall 1971 Community offered a class entitled "How to Fight Fairly and Effectively in Marriage."*

**Trips & Tours**

#7201 A

**Tour of Kansas City's Rich and Famous**

We will see where famous Kansas Citians live or have lived. The tour will include a drive-by of the former homes of Mickey Rooney, Walt Disney, Rush Limbaugh, Amelia Earhart, Ernest Hemingway, Walter Cronkite, Casey Stengel, Satchel Paige, Jean Harlow, Marilyn Maye, "Beetle Bailey," J.C. Nichols, William Volker and Ginger Rogers: 100 homes total. Convener mixes humor with history. No refunds later than two weeks before class. We board the bus at 8:45 AM and leave at 9:00 sharp, so don't be late! Registration deadline is Oct. 1. Bring \$9 for a buffet lunch and a little bit of money for an afternoon break (at a McDonald's).

CONVENER: Don Davidson

CLASS FEE: \$14 + \$23 material fee = \$37

Sec. A: 1 session; Saturday, October 16; 8:45 AM - 4:00 PM; Administrative Center, Parking Lot, UMKC Campus, 5122 Oak, KCMO; LIMIT: 42

#7202 A

**Heritage Hikes "Exploring Kansas City, Missouri's Heritage"**

The Historic Kansas City Foundation will present Heritage Hikes in Kansas City's first suburbs: Scarritt Point Historic District (Northeast Kansas City), Central Hyde Park and Kansas City's emerging Crossroads District. Each hike highlights the architecture and history of the neighborhood. Participants receive brochures with maps which feature historical and architectural dialogue. Refreshments will be served at the conclusion of each hike. Please bring a check for \$25 payable to The Historic Kansas City Foundation to the first class. If you do not wish to participate in all three hikes, you may sign up for each hike separately. Upon completion of all three hikes, you will receive a gift from HKCF.

CONVENER: Lucinda Rice-Petrie (816-931-8448)

E-mail: lrpmudg@aol.com

CLASS FEE: \$16

Sec. A: 3 sessions; Tuesdays, beginning September 28; 9:00 AM - 1:00 PM; Kansas City Museum, 3218 Gladstone Blvd., KCMO, in front of front gates; LIMIT: 25

*I took my first fused glass class from Communiversity about 12 years ago. It was a short session over at Westport Roanoke Community Center. I was hooked. I now teach fused glass classes through Communiversity hoping that I inspire people as I was once inspired!*

~Carol Cole

#### #7203 A

##### Scarritt Point Historic District

This hike explores Scarritt Point, which derives its name from pioneer minister Nathan Scarritt, who owned most of the Northeast property when the Civil War began. K.C.'s first boulevards and parks were developed in this area between 1892 - 1900 by the innovative landscape architect George E. Kessler with the support of the first Board of Park Commissioners. Please bring \$10 material fee to class (does not include Communiversity registration fee) for a brochure with maps featuring architectural and historical dialogue and refreshments at the end of the hike.

CONVENER: Lucinda Rice-Petrie (816-931-8448)

E-mail: [lrpmudg@aol.com](mailto:lrpmudg@aol.com)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, September 28; 9:00 AM - 1:00 PM; Kansas City Museum, 3218 Gladstone Blvd., KCMO, in front of front gates; LIMIT: 25

#### #7204 A

##### Hyde Park

Hyde Park, first platted in the 1880's, was originally a nine-acre grassy park. Today Hyde Park encompasses 170 acres with 290 significant structures, showcasing Shirtwaist, Queen Anne, Prairie School, Georgian Colonial Revival and Shingle architectural style homes. Hyde Park and Janssen Place are listed on the National Register of Historic Places. Please bring \$10 material fee (does not include Communiversity registration fee) for a brochure featuring maps with architectural and historical dialogue. Refreshments served at the conclusion of the hike.

CONVENER: Lucinda Rice-Petrie (816-931-8448)

E-mail: [lrpmudg@aol.com](mailto:lrpmudg@aol.com)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, October 5; 9:00 AM - 1:00 PM; Hyde Park, Intersection of 38th & Locust, KCMO; LIMIT: 25

#### #7205 A

##### Kansas City's Crossroads

Kansas City's Crossroads, where the Freight District and Film Row meet, is an area east of Broadway from Truman Rd. to 22nd St. (north and south boundaries) with Cherry St. as its eastern limit. The hike encompasses the historic buildings along Milwaukee Ave, Boss Tom Pendergast's office and the TWA building. The cluster of buildings at the intersection of 18th and Wyandotte streets, known as "film row" will be explored as well as the Screenland Theatre. Please bring \$10 material fee (does not include Communiversity registration fee) for a brochure featuring maps with architectural and historical dialogue. Refreshments served at the conclusion of the hike.

CONVENER: Lucinda Rice-Petrie (816-931-8448)

E-mail: [lrpmudg@aol.com](mailto:lrpmudg@aol.com)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, October 12; 9:00 AM - 1:00 PM; Lidia's, Parking lot, 101 W 22nd St., KCMO; LIMIT: 25

#### #7206 A

##### Yes, "Everything's Up To Date in Kansas City!"

Through a series of three Heritage Hikes (Return to the River Front, The Village of Westport, and Quality Hill), we will explore the Central Business District of Downtown Kansas City where some of the most beautiful and interesting buildings are concentrated. We'll look back on Kansas City's architectural history while looking forward to the future Downtown and determine that "everything's up to date in Kansas City!" Participants receive brochures with maps which feature historical and architectural dialogue. Refreshments will be served at the conclusion of each hike. Please bring a check for \$25 payable to The Historic Kansas City Foundation to the first hike. If you do not wish to participate in all three hikes, you may sign up for each hike separately. Upon completion of all three hikes you will receive a gift from HKCF.

CONVENER: Lucinda Rice-Petrie (816-931-8448)

E-mail: [lrpmudg@aol.com](mailto:lrpmudg@aol.com)

CLASS FEE: \$16

Sec. A: 3 sessions; Tuesdays, beginning October 19; 9:00 AM - 1:00 PM; St. Patrick's Church, 800 Cherry St., KCMO; LIMIT: 25

#### #7207 A

##### Historic Ninth Street

This Hike takes hikers past the sites which the cable car of yesteryear traveled. Included on the route are the Historic 9th Street Financial District and the Gumbel Building. Interior tours of some historic sites will occur. We will discuss the significant architecture of the area as we hike. \$10 material fee includes brochure which features a map with architectural and historical dialogue. Refreshments will be served at the conclusion of the hike. We will convene in front of St. Patrick's Church.

CONVENER: Lucinda Rice-Petrie (816-931-8448)

E-mail: [lrpmudg@aol.com](mailto:lrpmudg@aol.com)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, October 19; 9:00 AM - 1:00 PM; St. Patrick's Church, 800 Cherry St., KCMO; LIMIT: 25

#### #7208 A

##### Ilus Davis Civic Mall

This hike explores the vicinity of the Ilus Davis Civic Mall. The proud architectural heritage of this area includes Art Deco and Egyptian Revival styles. Interior tours of some historic sites will occur. \$10 material fee includes a brochure which features a map with architectural and historical dialogue. Refreshments will be served at the conclusion of the hike. We will convene in front of St. Mary's Episcopal Church.

CONVENER: Lucinda Rice-Petrie (816-931-8448)

E-mail: [lrpmudg@aol.com](mailto:lrpmudg@aol.com)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, October 26; 9:00 AM - 1:00 PM; St. Mary's Church, 1307 Holmes, KCMO, Parking on your own; LIMIT: 25

#### #7209 A

##### Avenue of the Arts

This hike reviews the theatre district and sites along and adjacent to the Avenue of the Arts (historic Central Street). Interior tours of some of the sites will be offered. \$10 material fee includes brochure which features a map with architectural and historical dialogue. Refreshments will be served at the conclusion of the hike. We will convene in front of Municipal Auditorium's Little Theatre.

CONVENER: Lucinda Rice-Petrie (816-931-8448)

E-mail: [lrpmudg@aol.com](mailto:lrpmudg@aol.com)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, November 2; 9:00 AM - 1:00 PM; Municipal Auditorium's Little Theatre, 211 W 13th St., KCMO; LIMIT: 25

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